



**CAPITAL
FOOTBALL**

PLAYER EQUIPMENT POLICY

20 November 2023

1 PURPOSE

- 1.1 The purpose of this Policy is to elaborate on rules and regulations of FIFA, FA and Capital Football (CF) in relation to playing equipment during matches.

2 SCOPE OF POLICY

- 2.1 CF has the power under its By-Laws to create and issue Policies from time to time.

3 SAFETY

- 2.1 The overarching rules in respect of any playing equipment or any items worn are set out in Law 4 of the IFAB Laws of Game which is as follows:

“A Player must not use equipment or wear anything that is dangerous.”

- 2.2 The players must be inspected before the start of the match and substitutes before they enter the field of play.

4 USAGE OF EQUIPMENT

4.1 Caps

- a) Unless otherwise exempted or allowed by a referee, goal keepers are the only Players who are permitted to wear caps as they may constitute a danger to opponents.

4.2 Glasses

- a) Players are permitted to wear sports goggles, sports glasses or sports sunglasses as long as, in the opinion of the referee, they pose no danger to the Player or other Players.

4.3 Head bands and wrist bands

- a) The wearing of cloth head and wrist sweat bands are permitted.

4.4 Hair ties

- a) Material and elastic hair ties are only permissible.

4.5 Undershirts

- a) Undershirts must be the same tonal colour as the main colour of the Player's shirt sleeve.
- b) All Player's must be wearing the same colour undershirt.

4.6 Undershorts/tights

- a) Undershorts/tights must be the same tonal colour as the main colour of the Player's shorts or the lowest part of the Player's shorts.
- b) All Player's must be wearing the same colour undershorts/tights.

4.7 Jewellery

- a) All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands, etc.) are strictly forbidden and must be removed. Using tape to cover jewellery is not acceptable.
- b) Referees are also prohibited from wearing jewellery (except for a watch or similar device for timing the match).
- c) However, if in the opinion of the Referee, a medical bracelet or necklace presents no

danger, then it may be allowed on the condition that it can be taped or bandaged to the body to provide protection. A medical bracelet can be covered by a tight wrist guard and similarly, a medical necklace can be sufficiently padded.

- d) Please refer to the FA's National Policy on the wearing of jewellery, located in the FA Laws of the Game.

4.8 Head Covers

- a) Where head covers (excluding goalkeepers' caps) are worn, they must:
 - i) Be black or the same main colour as the shirt (provided that all players of the same team wear the same colour)
 - ii) Be in keeping with the professional appearance of the player's equipment
 - iii) not be attached to the shirt
 - iv) not be dangerous to the player wearing it or any other player (e.g. opening/closing mechanism around the neck)
 - v) not have any part(s) extending out from the surface (protruding elements)
- b) Religious or customary head coverings (i.e. hijab) may be worn by female Players subject to the following:
 - i) Referees are not permitted to check the affixing of the Hijab and under no circumstances touch the garment.

4.9 Other

- a) Non-dangerous protective equipment such as headgear, facemasks and knee and arm protectors made of soft, lightweight padded material are permitted.

5 RESPONSIBILITY FOR COMPLIANCE

- 5.1 The individual Player, team coach and the club have the responsibility for Player equipment and should be fully aware of the requirements set out in this Policy, other CF, FA and FIFA rules and regulations adopted from time to time.

6 DISCIPLINARY SANCTIONS

- 6.1 Players are to be inspected by the referees before the match and substitutes before they enter the field of play.
- 6.2 If a Player is discovered to be wearing unauthorised clothing or jewellery during play, the referee must:
 - a) Inform the Player that the item must be removed;
 - b) Order the Player to leave the field of play at the next stoppage if he or she is unable or unwilling to comply;
 - c) Caution the Player if he or she refuses to comply or, having been told to remove the item, is discovered to be wearing the item again.

7 REVIEW

- 7.1 This Policy is to be reviewed by CF as required.